

## 6 Major Benefits of NAD IV Therapy

Imagine you're running a marathon and you're on your last stretch, but you're dying of thirst. If someone handed you a bottle of water, you would drink it, right? Your cells constantly run a 24-hour marathon. They don't get a break just because you do. And they need fuel and certain tools to keep going strong. NAD is one of the most important tools you can give your cells, and ultimately yourself. Stronger cells equals a stronger you. Even though there are tons of benefits to getting NAD IV therapy, we've shared 6 benefits to get you started.

### What is NAD?

[Nicotinamide adenine dinucleotide \(NAD\)](#) is a coenzyme present in almost all cells in your body. It's main purpose is to fuel metabolic reactions forward, similar to gas in your car. Without NAD, your cells won't be able to metabolize carbohydrates, fats and amino acids. NAD also plays a significant role in gene expression linked to age-related diseases.

### IV Therapy

NAD IV Therapy is an emerging vitamin therapy that is all-natural, holistic, and has shown outstanding results. IV NAD+ therapy may be the light at the end of the tunnel for many people suffering from addiction, age-related diseases, and chronic fatigue.

Even if needles make you queasy, this particular therapy is well worth the momentary needle stick. Why? Administering a high dose of NAD straight into your bloodstream, compared to other routes (i.e. oral) will give you a faster, more effective outcome. This high dose quickly optimizes your NAD levels, which revs up the engine in your cells (called the mitochondrion) translating into more energy for you.

The IV therapy can last from 4 to 14 days, depending on your condition and your goals. It's important to work with a qualified doctor who is certified in providing NAD treatment, because there are specific protocols.

## Benefits of NAD

### 1) Boost Your Metabolism

Looking to increase your energy? Want to stop relying on caffeine to get you through the day?

NAD IV therapy can help. NAD and it's twin form, NADH are primarily used in redox reactions to generate energy within your cells. Part of this process includes the breakdown of carbohydrates, or sugar. What happens when your body is flooded with sugar? On top of elevated blood sugar levels, your cells start to metabolize the simple carbohydrates leading to an overload of NADH. Excess NADH has been linked to several metabolic conditions.

[Diabetes](#) is one of those conditions. When your body doesn't have enough NAD, or an overload of NADH, it won't be able to activate the superhero enzymes [sirtuins](#). Studies have shown that mice with elevated sirtuins were less likely to become [diabetic](#), and were at a decreased risk of [fatty liver disease](#). While IV NAD therapy won't be able to lower your [blood glucose levels](#), it does produce the same effect as calorie restriction.

### 2) Reduce Your Pain

As if the benefits from IV NAD therapy couldn't get any better, did you know that it might help reduce your pain and also promote healing? A [2014 study](#) published results of IV NAD therapy and neuropathic pain. They found that administering NAD intravenously helped reduce pain up to 2 days after the last injection. Even though this study was done on mice, it's impressive nonetheless.

Boosting your NAD levels will allow your body to heal itself better from injury, especially when it comes to the regeneration of your [blood vessels](#). Diabetic patients are at risk for developing blood vessel damage due to high blood glucose levels. This type of damage may lead to [atherosclerosis](#), or the hardening of your arteries. Not only will NAD promote healing of your insides, but it may also reduce your risk of heart disease.

### 3) Effectively Treat Addiction

Let's be clear. NAD IV Therapy is NOT a cure for addiction. It's a natural treatment option that heals the brain on the cellular level and kickstarts recovery. Why is this important? This allows the person struggling with addiction to have a better chance at succeeding with recovery in the long term.

Addiction is a brain disease with underlying root causes that up until now has not been effectively treated (relapse rates are 50-90%). The closest effective treatment has been psychotherapy, which actually helps rewire the brain. More research needs to be done regarding NAD and the impact on the brain and addiction. But so far, patients and clinicians have seen incredible transformations when using NAD as a detox method.

NAD is different from typical treatment options because:

- a. It is natural, compared to toxic pharmaceuticals which mostly harm your brain in the long run.
- b. It is restorative. NAD helps your cells heal and helps with cellular biogenesis.
- c. It is protective. NAD has shown to be neuroprotective.

The most profound effect of IV NAD is it's ability to [reduce cravings](#) associated with alcohol and opiate withdrawal. NAD is a more natural solution compared to the prescription drugs suboxone, [naltrexone](#) or [methadone](#), because there are no toxic side effects from NAD. After only 10-12 consecutive treatments of IV NAD, people battling addiction have a better chance to live a sober and pain free life. [Click here](#) to read more on emerging addiction treatments.

#### 4) Beat Your Fatigue

Those who suffer from chronic fatigue battle with debilitating symptoms every day. It's unclear exactly what causes chronic fatigue syndrome (CFS), and there's currently no diagnostic tests either. [Conventional treatment](#) may consist of a combination of antidepressants and sleep medication, but this method is like placing a bandage over an internal injury. IV NAD therapy addresses the core issue by supplying your body with the energy it needs to heal on a cellular level.

[NAD](#) increases production of ATP, which is the currency your cells use for energy. A CFS patient of the NAD Treatment Center states after his first 7-day treatment:

“It hit me, I started feeling better. I felt amazing. I was even hearing music differently... I just didn't have the excruciating pain that I had before. I felt eight years of pain melting away.”

#### 5) Maximize Your Brain Power

This is a big one. As nootropics become more popular, many people are looking to enhance their cognitive performance with natural supplements. NAD IV therapy is arguably the best nootropic out there. It increases the function of your neurons, [protects your cells from damage, toxicity and death, and promotes mitochondrial biogenesis](#). Overall, if your brain is healthy and functioning at optimal levels, you'll make better decisions, be more productive, and achieve more.

Cognitive decline is a trademark symptom for aging. As we get older, our memory becomes fuzzy and we think a little slower. Neurodegeneration describes the loss of structure or function of the neurons. Research is emerging about the neuroprotective effects of sirtuins in the brain. Sirtuin 1 (SIRT1) in the [hippocampus](#) is has been linked with an increase in memory and learning in mice. Additionally, [SIRT1](#) can protect against amyloid proteins associated with Alzheimer's and other neurodegenerative disorders. SIRT1 is dependent on NAD and acts to protect your brain and neurons.

Most people who experience NAD IV therapy express the following brain benefits:

- Increased concentration
- Improved memory
- Increased mental clarity
- Improved mood

“My focus is incredible right now and this is only Day 5 for me. And I feel invincible.” -Rick, NAD Treatment Center Client

#### 6) Get Your Anti-aging On

Dr. David Sinclair and his colleagues at Harvard discovered that [NAD levels decline as we age](#) and this also has an effect on other processes that rely on NAD. A class of enzymes, known as sirtuins, play a large role in how the body ages by regulating [inflammation](#) and [DNA protection](#). Sirtuins depend on NAD to start and stop protective pathways that are linked to pathologies of [age-related diseases](#). In other words, sirtuins are able to “turn on” and “turn off” certain genes like a light switch.

Why is reducing inflammation important?

Inflammation causes damage to your DNA and other structures in your cells, which can lead to cell death. When we consume inflammatory foods, breathe in pollutants, or are exposed to other toxic chemicals, our cells are at risk. With bountiful amounts of NAD, your cells are able to activate enzymes to [prevent](#) and [correct](#) DNA damage. Superhero enzymes, such as sirtuins, allow your cells to live long and healthy lives, leading to a better quality of life for you.